

January 2014



USAG STUTTGART

# Exceptional Family Member Program

PUSHING THE LIMITS FOR EXCEPTIONAL SERVICE

## January is Family Fit Lifestyle Awareness Month



The ACS EFMP office in partnership with the Patch Health Clinic Dietician has a new initiative to help all the USAG Stuttgart community achieve a “Fit Lifestyle” in 2014!!

# Health Trends



An evolutionary health, nutrition and wellness series brought to all I.D. card holders. Health Trends will meet on the last Monday of every month at ACS, building 2915, 2nd Floor– Panzer Kaserne from 11:30 to 12:30 Hrs. For more information, please call ACS at DSN 431-3362 or Civ. 07031-15-3362

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Exceptional Families

Exceptional Service

# EFMP Calendar


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- January 8 Special Parents, Unique Kids (SPUNK) Holiday Edition
- January 14 Be Well and Thrive (Diabetes Support Group)
- January 15 One Day Racquetball Clinic (Children sport clinic– Registration Required)
- January 27 Health Trends
- January 30 Cancer Care Team
- January 31 EFMP Outreach



# Discontinued

The ACS EFMP office sadly announces the discontinuation of two programs in 2014, due to low participation; Youth Connect and Strike with EFMP.



**Who:** Youth (grades 6 and up) registered in the Exceptional Family Member Program

All programs and activities promote the youth's self-esteem and confidence.

**When:** 1st day of every month; 1400-1600

**Where:** Patch Barracks, Building 2505 Swabian Special Events Center (lower level)

**Discontinued**

DO NOT meet during Summer Months (June, July, August and September)


Parents/Guardians **MUST** be available during group meetings

For more information please contact Army Community Service, EFMP at DSN: 431-3362 or Civilian: 07031-15-3362

[www.stuttgartmwr.com](http://www.stuttgartmwr.com)

<https://www.facebook.com/groups/12605202929868/>

Must be enrolled in EFMP to participate



**What:**

**Discontinued**

1st day of Every Month from 15:00-17:00 hrs.

**Where:** Galaxy Bowling & Entertainment Center, Building 2347, Panzer Kaserne

\*Each participants is responsible for shoe rental and game fees

For More Information, Please call ACS at DSN 431-3362 or Civ. 07031-15-3362



# New

## EFMP EVENTS



**What:** An evolutionary health, nutrition and wellness series brought to the USAG Stuttgart community by the EFMP & the Patch Health Clinic Dietician

**Who:** Open to all USAG Stuttgart Community ID Card Holders

**Time:** Last Monday of every month  
(Except May, June & July)  
11:30-12:30 hrs

**Where:** ACS, Bldg. 2915,  
2nd Floor, Room 226- Panzer Kaserne

For More Information  
Please call ACS at  
DSN 431-3362  
Civ. 07031-15-3362



### Bean Friendly with EFMP

### Coffee Social

**What:** Come meet other EFMP families and discuss EFMP topics with the EFMP Staff

**When  
and  
Where:**

- February 21<sup>st</sup>, 2014 Java Café  
9:00-11:00- Patch Barracks
- May 16<sup>th</sup>, 2014 Starbucks  
9:00-11:00- Panzer Kaserne
- August 29<sup>th</sup>, 2014 Java Café  
9:00-11:00- Patch Barracks
- November 21<sup>st</sup>, 2014 Starbucks  
9:00-11:00- Panzer Kaserne



For More Information  
Please call ACS at DSN 431-3362  
or Civ. 07031-15-3362





## EFMP EVENTS

# One Day Racquetball Clinic



**Where:** Panzer Gym  
(Panzer Barracks- Building 2990)

**When:** January 15, 2014 16:30-17:30hrs

**Who:** Youth 5 Years of age and Older

**What:** One Day Racquetball Clinic

This event is in partnership with the  
USAG MWR Sports & Fitness

For more information or to register please contact  
Army Community Service,  
EFMP at DSN: 431-3362 or  
Civilian: 07031-15-3362



# EFMP SUPPORT GROUPS

## SPUNK



### Special Parents Unique Kids

#### What:

A support group created to help improve the lives and well-being of all living with special needs. We focus on ensuring that all individuals impacted have access to the help and support they need. This forum allows you to share experiences in the many diverse aspects of raising a family member with special needs.

Not Being Able to  
Speak,  
Is Not The Same  
As Having Nothing  
To Say

#### When & Where:

We meet the first Wednesday of each month  
(Except June, July and August) 1130-1230 hrs.  
Panzer Kaserne, Building 2915, 2<sup>nd</sup> Floor

*Bring your lunch and join us!*

For more information please contact  
Army Community Service, EFMP  
at DSN: 431-3362 or  
Civilian: 07031-15-3362



## Cancer Care Team

#### What:

The group provides a warm and welcoming meeting place where men, women, and youth who have been diagnosed with cancer, as well as their families and friends, can join with others to build social and emotional support as an essential supplement to medical care. We offer support, social interaction and networking to all who come to the group.

#### When:

Last Thursday of each month 1130-1230  
(Group does not meet on June, July and August)

#### Where:

Army Community Service (ACS), Panzer Kaserne,  
Bldg 2915, 2<sup>nd</sup> Floor, Room 226

For more information, please call  
DSN 431-3362 or Civ. 07031-15-3362



•EFMP System Navigation- USAG Stuttgart  
<https://www.facebook.com/groups/126052070929368/>  
•Stuttgart Cancer Support Group  
<https://www.facebook.com/groups/stuttgartcancersupport/?fref=ts>

In the face of cancer,  
we can help.



# January is Family Fit Awareness Month

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Physical activity provides long-term health benefits for everyone! By being active, you will burn calories that you store from eating throughout the day and—it can be as easy as walking the dog or as rigorous as running a marathon. Providing opportunities for children to be active early on puts them on a path to better physical and mental health. It's never too late to jumpstart a healthy lifestyle.

## Physical Activity & Obesity

Physical activity, along with proper nutrition, is beneficial to people of all ages, backgrounds, and abilities. And it is important that everyone gets active: over the last 20 years, there's been a significant increase in obesity in the United States. About one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents (aged 2-19 years) are obese.<sup>1</sup>

The health implications of obesity in America are startling:

If things remain as they are today, one-third of all children born in the year 2000 or later may suffer from diabetes at some point in their lives, while many others are likely to face chronic health problems such as heart disease, high blood pressure, cancer, diabetes, and asthma.

Studies indicate that overweight youth may never achieve a healthy weight, and up to 70% of obese teens may become obese adults.

Even more worrisome, the cumulative effect could be that children born in the year 2000 or later may not outlive their parents.

The impact of obesity doesn't end there. Obesity has personal financial and national economic implications as well. Those who are obese have medical costs that are \$1,429 more than those of normal weight on average (roughly 42% higher). And annual direct costs of childhood obesity are \$14.3 billion.

By incorporating physical activity into your daily life—30 minutes for adults and 60 minutes for children—as well as healthy eating, you will experience positive health benefits and be on the path for a better future.

## The Impact of Physical Activity on Your Health



Regular physical activity can produce long-term health benefits. It can help:

- Prevent chronic diseases such as heart disease, cancer, and stroke (the three leading health-related causes of death)
- Control weight
- Make your muscles stronger
- Reduce fat
- Promote strong bone, muscle, and joint development
- Condition heart and lungs
- Build overall strength and endurance
- Improve sleep
- Decrease potential of becoming depressed
- Increase your energy and self-esteem
- Relieve stress
- Increase your chances of living longer





# Family Fit Awareness Cont.



When you are not physically active, you are more at risk for:

- High blood pressure
- High blood cholesterol
- Stroke
- Type 2 diabetes
- Heart disease
- Cancer

The *Physical Activity Guidelines for Americans* recommends 30 minutes of physical activity a day for adults, 60 minutes for children, at least five days a week. Sound daunting? It's much easier than you think, regardless of your current activity level. There are plenty of ways to get moving and some may even surprise you! It's time to be active, get healthy, and have some fun!

Being active doesn't require joining a gym. Look for ways to increase your heart rate during your daily routine. Walk or cycle instead of taking the car or bus, or you can choose the stairs over the escalator or elevator. Try these ways to be active and start working towards your fitness goals to jumpstart or maintain a healthy lifestyle.

There are many health benefits to being active for people of all ages, backgrounds and abilities, but you should consult your physician before starting a new activity program. If you haven't been active in a while, start slowly and build up. Do what you can; some physical activity is better than none.

## Different Types of Physical Activity



- Aerobic activities make you breathe harder and your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity levels, and range from 60-85% of your resting heart rate. A general guide to

use: For moderate activities you can talk, but you can't sing. With vigorous activities, you can only say a few words without stopping to catch your breath.



- Muscle-strengthening activities make your muscles stronger.

- Bone-strengthening activities make your bones stronger and are especially important for children and adolescents, as well as older adults.



Balance and stretching activities enhance physical stability and flexibility, which reduce the risk of injuries.





For Additional Information on Family Fit Awareness

<http://www.fitness.gov/>

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was brought to you by

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[www.stuttgart.armymwr.com](http://www.stuttgart.armymwr.com)

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